

Warrior Resilience & Fitness Division

Warrior Resilience & Fitness Innovation Incubator (WRFII)



WRFII aims to identify, select, evaluate, and disseminate evidence-based practices across the National Guard to promote resiliency and prevent harmful behaviors including suicide. Selected pilots receive funding and technical assistance to implement their programs and evaluate effectiveness. WRFII is working with 23 pilots across 31 states, territories, and DC.

FY19 Pilots

<i>Identify Individuals at Risk</i>	
Supportive Services Council (SSC) CA ARNG/ANG	Targeted interventions for at-risk units. SSC evaluates Unit Risk Inventory results, develops a risk mitigation plan, distributes resources, and offers site visits and tailored trainings to units at high or medium risk.
Behavioral Health Primary Prevention and Retention NM, SD ARNG/ANG	Proactively screen new recruits for pre-existing risk factors and provide preventative support to at-risk Service members (SMs). Screening for SMs during Recruit Sustainment Program to identify risk factors and provide proactive case management.
Start SC ARNG/ANG, in partnership with: HI, MD, MI, MN, MT, OH, OR, PA, RI, TN, WA, WI	Expand gatekeeper skills through online suicide prevention training. Online gatekeeper training distributed to leadership, SMs and spouses, and community partners.
Buddy Aid SD ARNG/ANG Receiving training: WI, WY, IL, KY, MT, UT, VI	Reframe sexual assault as akin to other constantly changing threats. Sexual assault prevention and response training designed to prepare SMs to respond to disclosures of sexual assault and treat the threat of sexual assault as equally destructive as other common military threats.
<i>Provide Care and Treatment</i>	
Embedded Clinician CT ARNG/ANG	Increase access to care through embedded community providers. Community providers embedded at every drill weekend provide services and referrals in partnership with the CT Department of Mental Health and Addiction Services.
<i>Change Culture to Promote Help-seeking</i>	
Work for Warriors GA ARNG/ANG	Streamline employment support services using online platform. Access to employment assistance for SMs, Veterans, and spouses through the online Soho platform, which has built-in reporting capabilities to inform program efforts.
Warrior F.I.T. (Functional, Intensive Training) MA ARNG/ANG	Optimize performance through targeted health and nutrition resources. Physical readiness and healthy lifestyle training that triages SMs by need and provides in-person sessions, personalized feedback, and online learning tools.
Support Systems Coordinator OH ARNG/ANG	Family/community member outreach to create a protective environment around SMs. A Coordinator promotes and coordinates NG and community resources to increase resource awareness and utilization.
One Stop Shops SC ARNG/ANG	Integrate access to resources and services through One Stop Shops. One Stop Shops in each district provide holistic services (ID card, behavioral health, VA advisors, health/wellness, and transitional/employment) to SMs and Veterans.
<i>Enhance Life Skills, Resiliency, and Connectedness</i>	
Alcohol and Drug Abuse Prevention Training (ADAPT) MA ARNG/ANG	Intervene early to restore substance-impaired Soldiers to duty. Educational services, using an updated version of the ADAPT curriculum, to respond to potential drug and alcohol concerns before they jeopardize readiness or careers.
Comprehensive Airman Fitness Wellness Initiative MT ANG	Promote SM connectedness through educational and social events. Provides monthly lunch and learns in addition to day and evening events for SMs, families, and the community to promote wellness and social cohesion.

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FY20 Pilots

<i>Identify Individuals at Risk</i>	
SASSI-4 Substance Abuse Assessment OK ARNG	Facilitate substance abuse referrals through online assessment. Online version of the Substance Abuse Subtle Screening Inventory (SASSI)-4 administered to self-referrals and positive urinalysis cases facilitates referral process.
<i>Provide Care and Treatment</i>	
Safe UTNG App UT ARNG/ANG	Reduce barriers to care through crisis intervention mobile app. A mobile app offers live chat with local clinicians, in partnership with the University of Utah, and allows Service members (SMs) and their families to submit concerns about high-risk behavior.
Brain Optimization/ Cereset VT ARNG/ANG	Expand access to care through at-home treatment with a Brainwave Optimization device. Provides treatment for PTSD, TBI, anxiety, and depression through at-home use of a Brainwave Optimization device that “re-balances” the brain through auditory tones.
<i>Change Culture to Promote Help-seeking</i>	
Breaking through Barriers DC, DE, MD ARNG/ANG	Incorporate anti-stigma content into all prevention training domains. Anti-Stigma train-the-trainer sessions, in partnership with civilian organizations, equip trainers to incorporate stigma-reduction content into existing prevention and leadership training.
CSF2 Resource Text Line IN ARNG	Connect SMs with resources seamlessly through a text line. SMs receive an automatic response with contact information for military resources available to SMs and families.
AXE KY ARNG	Partner with community fitness experts and SM mentors to promote fitness and nutrition. Education and coaching for selected SMs (APFT failures, height/weight concerns) on nutrition and fitness fundamentals.
Embedded Resiliency Teams OR ANG/AF	Reduce stigma by integrating mental health, physical health, and fitness services into unit assemblies. Embedded services at a rotating squadron level provide educational/recreational programming for Total Force Fitness domains.
<i>Enhance Life Skills, Resiliency, and Connectedness</i>	
Expedition NG and O28 AR, MO, OK ARNG/ANG	Promote resiliency and connectedness through experiential learning. Outdoor-adventure trainings for new recruits build resilience, relationships, and leadership skills to increase accession and retention.
Risk Reduction Psycho-education CT ARNG	Advance a holistic approach to wellness through quarterly group education. Psycho-education group includes substance abuse, coping mechanisms, finances, employment, education, and insurance for SMs who failed drug tests or self-refer.
Experiential Couples Relationship Education MI ARNG/ANG	Build couples’ relationship skills to promote psychological health. Randomized Control Trial, in partnership with the University of Michigan, assesses how relationship education impacts psychological health.
Prime for Life NM ARNG	Motivate SMs to reduce risky behaviors through nonjudgmental training. In partnership with a civilian organization, train-the-trainers provide a nonjudgmental substance prevention program for SMs identified as a substance abuse concern.
First Line Leader Course – Relational Leadership OH ARNG	Build trust through counseling and relationship skills training for first-line leaders. Advanced training for conducting effective individual counseling with SMs, building professional relationships with subordinates, and facilitating unit cohesion.

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